

# 2013 Health & Wellness Observances Calendar

Presented by the



## JANUARY 2013

*Continue the season of giving into the new year by organizing a blood drive in your community.*

### **Cervical Health Awareness Month**

National Cervical Cancer Coalition (NCCC)  
[www.nccc-online.org](http://www.nccc-online.org)

### **National Birth Defects Prevention Month**

March of Dimes Birth Defects Foundation  
[www.marchofdimes.com](http://www.marchofdimes.com)  
or  
Center for Disease Control & Prevention  
[www.cdc.gov](http://www.cdc.gov)

### **National Blood Donor Month**

American Association of Blood Banks (AABB)  
[www.aabb.org](http://www.aabb.org)

### **National Glaucoma Awareness Month**

Glaucoma Research Foundation  
[www.glaucoma.org](http://www.glaucoma.org)

### **January 6 – 12**

#### **National Folic Acid Awareness Week**

National Council on Folic Acid  
[folicacidinfo.org](http://folicacidinfo.org)

### **January 13 – 19** (third week of January)

#### **Healthy Weight Week**

Healthy Weight Network  
[www.healthyweightnetwork.com](http://www.healthyweightnetwork.com)

### **January 21** (Martin Luther King Day)

#### **King Day of Service** (annually)

Corporation for National and Community Service  
[www.mlkday.gov](http://www.mlkday.gov)

### **January 20 – 26**

#### **National Certified Nurse Anesthetists Week**

American Association of Nurse Anesthetists  
[www.aana.com](http://www.aana.com)

## FEBRUARY 2013

*About 1/3 of common cancers can be prevented with healthy living choices such as diet, exercise, and weight management.*

### **AMD/Low Vision Awareness Month**

Prevent Blindness America  
[www.preventblindness.org](http://www.preventblindness.org)

### **American Heart Month**

Contact your local chapter of the American Heart Association  
or  
AHA National Center  
[www.americanheart.org](http://www.americanheart.org)  
[www.cdc.gov](http://www.cdc.gov)

### **National Cancer Prevention Month**

American Institute for Cancer Research  
[www.aicr.org](http://www.aicr.org)  
American Cancer Society  
[www.cancer.org](http://www.cancer.org)

### **National Children's Dental Health Month**

Contact the state or local dental society  
or  
American Dental Association  
[www.ada.org](http://www.ada.org)

### **National Condom Month**

The Bacchus Network National Office  
[www.bacchusnetwork.org](http://www.bacchusnetwork.org)

### **National Senior Independence Month**

Administration on Aging  
[www.aoa.gov](http://www.aoa.gov)

### **Wise Health Consumer Month**

American Institute for Preventive Medicine  
[www.healthyhlife.com](http://www.healthyhlife.com)



## National Wellness Institute's 2013 Health & Wellness Observances Calendar

### February 1

#### **National Girls & Women in Sports Day**

National Girls and Women in Sports Coalition  
AAHPERD

[www.aahperd.org/nagws/programs/ngwsd](http://www.aahperd.org/nagws/programs/ngwsd)

### February 1

#### **National Wear Red Day**

The Heart Truth—a National Awareness Campaign for  
Women About Heart Disease  
National Heart, Lung, and Blood Institute  
Health Information Center

[www.hearttruth.gov](http://www.hearttruth.gov) or

Women Heart

[www.womenheart.org](http://www.womenheart.org) or

Go Red For Women Cause Initiatives

American Heart Association National Center

[www.goredforwomen.org/national\\_wear\\_red\\_day.aspx](http://www.goredforwomen.org/national_wear_red_day.aspx)

### February 3 – 9

#### **National Cardiac Rehabilitation Week**

AACVPR Office

[www.aacvpr.org](http://www.aacvpr.org)

### February 14 (Valentine's Day)

#### **National Condom Awareness Day**

[www.ashastd.org](http://www.ashastd.org)

### February 11 – 17

#### **Random Acts of Kindness Week**

Random Acts of Kindness Foundation

[www.randomactsofkindness.org](http://www.randomactsofkindness.org)

### February 24 – March 2

#### **National Eating Disorders Awareness Week**

National Eating Disorders Association

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

### February 22

#### **World Thinking Day**

Girl Scouts

[www.girlscouts.org/who\\_we\\_are/global/world\\_thinking\\_day/](http://www.girlscouts.org/who_we_are/global/world_thinking_day/)

### Late February – Early April

#### **Collegiate Safe Spring Break Programming**

The Bacchus Network National Office

[www.bacchusnetwork.org](http://www.bacchusnetwork.org)

## MARCH 2013

*Confused by all the different diets? Talk  
to a registered dietitian for food and  
nutrition solutions for your lifestyle.*

### **American Red Cross Month**

American Red Cross, National Headquarters  
or contact your local chapter

[www.redcross.org](http://www.redcross.org)

### **Brain Injury Awareness Month**

Brain Injury Association of America

[www.biausa.org](http://www.biausa.org)

### **Hemophilia Month**

National Hemophilia Foundation

[www.hemophilia.org](http://www.hemophilia.org)

### **National Colorectal Awareness Month**

Cancer Research and Prevention Foundation

[www.preventcancer.org/colorectal](http://www.preventcancer.org/colorectal)

### **National Developmental Disabilities Awareness Month**

The Arc of the United States

[www.thearc.org](http://www.thearc.org)

### **National Eye Donor Month**

EBAA, Eye Bank Association of America

[www.restoresight.org](http://www.restoresight.org)

### **National Kidney Month**

National Kidney Foundation

[www.kidney.org](http://www.kidney.org)

### **National Nutrition Month**

Academy of Nutrition and Dietetics

[www.eatright.org](http://www.eatright.org)

### **National Poison Prevention Month**

Poison Prevention Council

[www.poisonprevention.org](http://www.poisonprevention.org)

American Association of Poison Control Centers

[www.aapcc.org](http://www.aapcc.org)

### **National Professional Social Work Month**

National Association of Social Workers

[www.socialworkers.org](http://www.socialworkers.org)



## National Wellness Institute's 2013 Health & Wellness Observances Calendar

### **Save Your Vision Month**

American Optometric Association  
[www.aoa.org](http://www.aoa.org)

### **Workplace Eye Health and Safety Month**

Prevent Blindness America  
[www.preventblindness.org](http://www.preventblindness.org)

### **National Athletic Trainers Month**

National Athletic Trainers' Association  
<http://www.nata.org/>

### **March 3 – 9**

#### **National Collegiate Health and Wellness Week**

The Bacchus Network National Office  
[www.bacchusnetwork.org](http://www.bacchusnetwork.org)

### **March 3 – 9**

#### **National Problem Gambling Awareness Week**

The National Council on Problem Gambling, Inc.  
[www.ncpgambling.org/](http://www.ncpgambling.org/)

### **March 4 – 8**

#### **National School Breakfast Week**

School Nutrition Association  
[www.schoolnutrition.org](http://www.schoolnutrition.org)

### **March 5 – 11** (week before daylight savings time)

#### **National Sleep Awareness Week**

National Sleep Foundation  
[www.sleepfoundation.org](http://www.sleepfoundation.org)

### **March 13 – 19**

#### **National Pulmonary Rehabilitation Week**

American Association of Cardiovascular and Pulmonary Rehabilitation  
[www.aacvpr.org](http://www.aacvpr.org)

### **March 21** (third Thursday)

#### **Companies that Care Day**

Center for Companies that Care  
[www.companies-that-care.org/action/caredays](http://www.companies-that-care.org/action/caredays)

### **March 17 – 23**

#### **National Poison Prevention Week**

Poison Prevention Council  
[www.poisonprevention.org](http://www.poisonprevention.org)

### **March 18 – 22**

#### **National Youth Violence Prevention Week**

National Association of SAVE  
[www.nationalsave.org](http://www.nationalsave.org)

### **March 20**

#### **National Native HIV/AIDS Awareness Day**

Commitment to Action for 7th Generation  
Awareness & Education: HIV/AIDS Prevention Project  
[www.happ.colostate.edu](http://www.happ.colostate.edu)  
or National Native American AIDS Prevention Center  
[www.nnaapc.org](http://www.nnaapc.org)

### **March 27**

#### **Kick Butts Day**

Campaign for Tobacco-Free Kids  
[www.tobaccofreekids.org](http://www.tobaccofreekids.org)

### **March 22**

#### **World Water Day**

RC International Water and Sanitation Centre  
[www.unwater.org](http://www.unwater.org)

### **March 26** (fourth Tuesday in March)

#### **American Diabetes Alert Day**

American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)

## APRIL 2013

*Celebrate World Health Day on April 7 by  
learning about health issues around the  
globe, and what you can do to help.*

### **National Alcohol Awareness Month**

SAMSHA's National Clearinghouse for Alcohol & Drug Information  
[www.ncadd.org](http://www.ncadd.org)

### **National Cancer Control Month**

Contact your local chapter or  
American Cancer Society  
[www.cancer.org](http://www.cancer.org)



## National Wellness Institute's 2013 Health & Wellness Observances Calendar

### **National Child Abuse Prevention Month**

Prevent Child Abuse America

[www.preventchildabuse.org](http://www.preventchildabuse.org)

Child Welfare Information Gateway

Children's Bureau/ACYF

[www.childwelfare.gov/preventing/preventionmonth/](http://www.childwelfare.gov/preventing/preventionmonth/)

### **National Counseling Awareness Month**

American Counseling Association (ACA)

[www.counseling.org](http://www.counseling.org)

### **National Donate Life Month**

HRSA Information Center

[www.organdonor.gov/](http://www.organdonor.gov/)

### **Stress Awareness Month**

American Counseling Association (ACA)

[www.counseling.org](http://www.counseling.org)

### **National Humor Month**

Association for Applied and Therapeutic Humor

[www.aath.org](http://www.aath.org)

### **National Minority Health & Health Disparities Month**

Office of Minority Health Resource Center

[www.minorityhealth.hhs.gov](http://www.minorityhealth.hhs.gov)

### **National Occupational Therapy Month**

The American Occupational Therapy Association

[www.aota.org](http://www.aota.org)

### **National STDs/Family Planning Awareness Month**

American Social Health Association

[www.ashastd.org/](http://www.ashastd.org/)

### **Sexual Assault Awareness Month**

National Sexual Violence Resource Center

[www.nsvrc.org](http://www.nsvrc.org)

### **Late February – Early April**

#### **Safe Spring Break Programming**

The BACCHUS Network National Office

Association Task Force on Alcohol and Other Drugs

[www.bacchusnetwork.org](http://www.bacchusnetwork.org)

American College Health Association

[www.acha.org/index.cfm](http://www.acha.org/index.cfm)

### **April 1 – 7**

#### **National Public Health Week**

American Public Health Association

[www.apha.org](http://www.apha.org)

### **April 3** (first Wednesday of April)

#### **International Children's Book Day**

International Board on Books for Young People

Basel, Switzerland

[www.ibby.org/index.php?id=269](http://www.ibby.org/index.php?id=269)

### **April 3** (first Wednesday of April)

#### **National Day of Hope**

Childhelp USA National Hdqtrs

[www.childhelpusa.org](http://www.childhelpusa.org)

### **April 5 – 7**

#### **Alcohol-Free Weekend**

National Council on Alcoholism and Drug

Dependence, Inc.

[www.ncadd.org](http://www.ncadd.org)

### **April 7 – 13** (first full week)

#### **National Week of the Ocean**

National Week of the Ocean Website

[www.national-week-of-the-ocean.org/](http://www.national-week-of-the-ocean.org/)

### **April 7** (annually on April 7)

#### **World Health Day**

World Health Organization

[www.who.org](http://www.who.org) or [www.paho.org](http://www.paho.org)

### **April 10**

#### **Siblings Day**

Siblings Day Foundation

[www.siblingsday.org/bodyframe.htm](http://www.siblingsday.org/bodyframe.htm)

### **April 11**

#### **National Alcohol Screening Day**

Screening for Mental Health, Inc.

[www.mentalhealthscreening.org](http://www.mentalhealthscreening.org)

### **April 14 – 20**

#### **National Library Week**

American Library Association

[www.ala.org](http://www.ala.org)



## National Wellness Institute's 2013 Health & Wellness Observances Calendar

**April 14 – 20**

**National Environmental Education Week (eeweeek)**

National Environmental Education Foundation  
[www.eeweek.org](http://www.eeweek.org)

**April 16**

**International Moment of Laughter Day**

Izzy Gesell, Wide Angle Humor  
[www.izzyg.com](http://www.izzyg.com)

**April 16** (annually on April 16)

**National Healthcare Decisions Day**

[www.nhdd.org](http://www.nhdd.org)

**April 21 – 27** (third week of April)

**National Volunteer Week**

The Points of Light and Hands on Network  
[www.PointsofLight.org](http://www.PointsofLight.org)

**April 15 – 21**

**Medical Fitness Week**

Medical Fitness Association  
[www.medicalfitness.org](http://www.medicalfitness.org)

**April 15 – 21**

**National Minority Cancer Awareness Week**

National Cancer Institute  
Public Inquiries Office  
[cancernet.nci.nih.gov](http://cancernet.nci.nih.gov)

**April 20-22**

**Global Youth Service Day**

Youth Service America  
[www.ysa.org/gysd](http://www.ysa.org/gysd)

**April 21 – 28**

**National Infant Immunization Week**

CDC, National Immunization Program  
[www.cdc.gov/vaccines/events/niiw](http://www.cdc.gov/vaccines/events/niiw)

**April 22**

**Earth Day**

Earth Day Network  
[www.earthday.net](http://www.earthday.net)

**April 25** (fourth Thursday April)

**Take Your Daughters and Sons to Work Day**

Daughters And Sons To Work® Day  
[www.daughtersandsonstowork.org](http://www.daughtersandsonstowork.org)

**April 26** (fourth Friday in April)

**Remember Children Lost to Violence**

Child Welfare League of America  
[www.cwla.org](http://www.cwla.org)

## MAY 2013

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*During National Mental Health Month,  
help to end the stigmas by encouraging  
greater awareness and outreach.*

**Asthma and Allergy Awareness Month**

Allergy and Asthma Foundation of America  
[www.aafa.org](http://www.aafa.org) or [www.aanma.org](http://www.aanma.org)

**Better Sleep Month**

The Better Sleep Council  
[www.bettersleep.org](http://www.bettersleep.org)

**Clean Air Month**

Centers for Disease Control  
[www.cdc.gov/features/cleanairmonth](http://www.cdc.gov/features/cleanairmonth)

**Correct Posture Month**

American Chiropractic Association  
Communications Department  
[www.amerchiro.org](http://www.amerchiro.org)

**Employee Health & Fitness Month**

National Association for Health and Fitness, ACTIVE Life  
[www.healthandfitnessmonth.com](http://www.healthandfitnessmonth.com)

**Healthy Vision Month/UV Safety**

National Eye Institute  
[www.nei.nih.gov/hvm](http://www.nei.nih.gov/hvm)

**Hepatitis Awareness Month**

Hepatitis Foundation International  
[www.hepfi.org](http://www.hepfi.org)

**Huntington's Disease Awareness Month**

Huntington's Disease Society of America  
[www.hdsa.org](http://www.hdsa.org)

**Lupus Awareness Month**

Lupus Foundation of America, Inc.  
[www.lupus.org](http://www.lupus.org)



## National Wellness Institute's 2013 Health & Wellness Observances Calendar

### **National Arthritis Month**

Arthritis Foundation  
[www.arthritis.org](http://www.arthritis.org)

### **National Bike Month**

League of American Bicyclists  
[www.bikeleague.org](http://www.bikeleague.org)

### **National High Blood Pressure Education Month**

NHLBI Information Center  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

### **National Melanoma/Skin Cancer Awareness Month**

American Academy of Dermatology  
[www.aad.org](http://www.aad.org) or  
American Cancer Society  
[www.skincancer.org](http://www.skincancer.org)

### **National Mental Health Month**

National Mental Health Association  
[www.nmha.org](http://www.nmha.org)

### **National Osteoporosis Awareness Prevention Month**

National Osteoporosis Foundation  
[www.nof.org](http://www.nof.org)

### **National Physical Fitness and Sports Month**

President's Council on Fitness, Sports, and Nutrition  
[www.fitness.gov](http://www.fitness.gov)

### **National Stroke Awareness Month**

National Stroke Association  
[www.stroke.org](http://www.stroke.org) or  
American Heart Association (National Center)  
[www.americanheart.org](http://www.americanheart.org) or contact your local AHA office

### **National Teen Pregnancy Prevention Month**

Advocates for Youth  
[www.advocatesforyouth.org](http://www.advocatesforyouth.org)

### **National Tuberous Sclerosis Awareness Month**

Tuberous Sclerosis Alliance  
[www.tsalliance.org](http://www.tsalliance.org)

### **Older Americans Month**

U.S. Dept. of Health and Human Services  
Administration on Aging  
[www.aoa.gov](http://www.aoa.gov)

**May 1 – 7** (same dates annually)

### **National Physical Education and Sports Week**

National Association for Sport and Physical Education  
[www.aahperd.org](http://www.aahperd.org)

**May 1** (first Wednesday in May)

### **Project Aces Day**

**(All Children Exercise Simultaneously)**

Youth Fitness Coalition, Inc.  
[www.projectaces.com](http://www.projectaces.com)

**May 5** (first Saturday in May)

### **Join Hands Day: Youth and Adults Volunteering Together**

Points of Light and Hands on Network  
[www.joinhandsday.org](http://www.joinhandsday.org)

**May 6 – 12** (same dates each year)

### **National Nurses Week**

American Nurses Association  
[www.nursingworld.org](http://www.nursingworld.org)

**May 5 – 11** (first full week in May)

### **International Building Safety Week**

International Code Council Foundation  
[www.icc-foundation.org](http://www.icc-foundation.org)

**May 5 – 11** (first full week in May)

### **Be Kind to Animals Week**

Canadian Federation of Humane Societies  
[www.cfhs.ca](http://www.cfhs.ca)  
American Humane Association  
[www.americanhumane.org/](http://www.americanhumane.org/)

**May 12 – 18** (Mother's Day week)

### **National Nursing Home Week**

American Health Care Association  
<http://www.nnhw.org>

**May 12 – 18** (Mother's Day week)

### **Women's Health Week**

Office on Women's Health  
Department of Health and Human Services  
[www.womenshealth.gov](http://www.womenshealth.gov)

**May 6 – 10**

### **National Hospital Week**

American Hospital Association  
[www.aha.org](http://www.aha.org)





## National Wellness Institute's 2013 Health & Wellness Observances Calendar

**May 5 – 11** (first full week in May)

### **North American Occupational Safety and Health Week (NAOSH)**

American Society of Safety Engineers  
[www.asse.org/naosh](http://www.asse.org/naosh)

**May 8** (same date each year)

### **World Red Cross/Red Crescent Day**

American Red Cross  
Or contact your local chapter  
[www.redcross.org](http://www.redcross.org)

**May 11**

### **World Fair Trade Day**

World Fair Trade Association (WFTO)  
[www.wfto.org](http://www.wfto.org)

**May 12** (during National Nurses Week)

### **School Nurse Day**

[www.nasn.org](http://www.nasn.org)

**May 13 – 19**

### **National Volunteer Week – Australia**

The Center for Volunteering  
[www.volunteering.com.au/contact\\_us.asp](http://www.volunteering.com.au/contact_us.asp)

**May 13 – 17** (third week in May)

### **Bike to Work Week**

League of American Bicyclists  
[www.bikeleague.org](http://www.bikeleague.org)

**May 15** (third Wednesday)

### **National Employee Health and Fitness Day**

National Association for Health and Fitness  
[www.physicalfitness.org](http://www.physicalfitness.org)

**May 20**

### **World Autoimmune Arthritis Day**

International Autoimmune Arthritis Movement  
[www.worldautoimmunearthritisday.org](http://www.worldautoimmunearthritisday.org)

**May 19 – 25** (last full week in May)

### **Older Americans Mental Health Week**

Older Women's League  
[www.owl-national.org](http://www.owl-national.org)

**May 29** (last Wednesday in May)

### **National Senior Health & Fitness Day**

[www.fitnessday.com](http://www.fitnessday.com)

## JUNE 2013

*Hiking is a great way to get people moving and enjoying the outdoors. Organize a trail hike on June 1, or anytime this month!*

**(June & July)**

### **Fireworks Safety Months**

National Council on Fireworks Safety  
[www.fireworksafety.com](http://www.fireworksafety.com)

### **National Great Outdoors Month**

American Recreation Coalition  
[www.funoutdoors.org](http://www.funoutdoors.org)

### **National Safety Month**

National Safety Council  
[www.nsc.org](http://www.nsc.org)

### **National Scleroderma Awareness Month**

United Scleroderma Foundation, Inc.  
[www.scleroderma.org](http://www.scleroderma.org)

**June 1 – 7** (same each year)

### **National Headache Awareness Week**

National Headache Foundation  
[www.headaches.org](http://www.headaches.org)

**June 1** (annually on June 1)

### **Stand for Children Day**

[www.stand.org](http://www.stand.org)

**June 1** (first Saturday in June)

### **National Trails Day**

American Hiking Society  
[www.americanhiking.org](http://www.americanhiking.org)

**June 2**

### **National Cancer Survivors Day**

National Cancer Survivors Day Foundation  
[www.ncsdf.org](http://www.ncsdf.org)

**June 5**

### **World Environment Day**

United Nations Environment Programme (UNEP)  
[www.unep.org/wed](http://www.unep.org/wed)



## National Wellness Institute's 2013 Health & Wellness Observances Calendar

**June 9** (Second Sunday in June)

**National Children's Day**

[www.nationalchildrensday.us](http://www.nationalchildrensday.us)

**June 10 – 16** (ending with Father's Day)

**National Men's Health Week**

National Men's Health Network

[www.menshealthweek.org](http://www.menshealthweek.org)

**June 14** (same date each year)

**World Blood Donor Day**

[www.wbdd.org](http://www.wbdd.org)

**June 27** (same date each year)

**National HIV Testing Day**

National Association of People With AIDS

[www.napwa.org](http://www.napwa.org)

## JULY 2103

*Make plans to attend the National Wellness Conference this month! Expand your personal and professional wellness!*

**(June & July)**

**Fireworks Safety Months**

National Council on Fireworks Safety

[www.fireworksafety.com](http://www.fireworksafety.com)

**Eye Injury Prevention Month**

Federal Occupational Health

[www.foh.dhhs.gov/Public/NYCU/eyeinjury.asp](http://www.foh.dhhs.gov/Public/NYCU/eyeinjury.asp)

**UV Safety Month**

American Academy of Ophthalmology

[www.aao.org](http://www.aao.org)

**July 7 – 13** (second week in July)

**National Therapeutic Recreation Week**

NTRS - Branch of the National Park and Recreation Association

[www.nrpa.org](http://www.nrpa.org)

**July 14 – 20**

**Every Body Deserves a Massage Week**

Associated Bodywork & Massage Professionals

[www.abmp.com](http://www.abmp.com)

## AUGUST 2013

*This month, support your local health centers and the impact they have on community health and wellness!*

**Cataract Awareness Month**

American Academy of Ophthalmology

[www.aao.org](http://www.aao.org)

**Medic Alert Awareness Month**

[www.medicalert.org](http://www.medicalert.org)

**National Breastfeeding Month**

United States Breastfeeding Committee

<http://www.usbreastfeeding.org/>

**National Immunization Awareness Month**

Center for Disease Control & Prevention

[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

**Children's Eye Health and Safety Month**

Prevent Blindness America

[www.preventblindness.org](http://www.preventblindness.org)

**August 1 – 7**

**World Breastfeeding Week**

La Leche League International

[www.llli.org/](http://www.llli.org/)

**August 5 – 9** (second week in August)

**National Health Center Week**

National Association of Community Health Centers, Inc.

[www.healthcenterweek.com](http://www.healthcenterweek.com)

**August 6**

**National Night Out**

America's Night Out Against Crime

[www.nationalnightout.org/nno/about.html](http://www.nationalnightout.org/nno/about.html)

**August 9**

**International Day of the World's Indigenous People**

United Nations

[www.unesco.org](http://www.unesco.org)





## SEPTEMBER 2013

*Invite a yoga instructor to your workplace  
to demonstrate yoga's benefits for people  
of all levels of ability.*

### **Alzheimer's Association Memory Walk** (Fall Weekend)

Dates vary depending location. Contact your local  
Alzheimer's Association or visit  
[www.alz.org](http://www.alz.org)

### **America on the Move – Month of Action**

American on the Move Foundation  
STEPtember, a month-long celebration inviting people to  
become more active and eat more healthfully (2010 new)  
[www.americaonthemove.org](http://www.americaonthemove.org)

### **Baby Safety Awareness Month**

Juvenile Product Manufacturers Association  
[www.jpma.org](http://www.jpma.org)

### **BioDiversity Month**

Dept. of the Environment and Heritage Australia  
[www.environment.gov.au/biodiversity](http://www.environment.gov.au/biodiversity)

### **Childhood Cancer Awareness Month**

CureSearch for Children's Cancer  
[www.curesearch.org](http://www.curesearch.org)

### **Fruit & Veggie Month**

Fruits & Veggies More Matters  
[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)  
[www.movingtothefuture.org](http://www.movingtothefuture.org)

### **Healthy Aging™ Month**

Healthy Aging Campaign  
Educational Television Network, Inc.  
[www.healthyaging.net](http://www.healthyaging.net)

### **Leukemia & Lymphoma Awareness Month**

Leukemia and Lymphoma Society of America  
[www.leukemia-lymphoma.org](http://www.leukemia-lymphoma.org)

### **National Alcohol & Drug Addiction Recovery Month**

Substance Abuse and Mental Health Services  
Administration (SAMHSA)  
National Clearinghouse for Alcohol and Drug Information  
[www.recoverymonth.gov](http://www.recoverymonth.gov)

### **National Childhood Obesity Awareness Month**

President's Council on Fitness, Sports & Nutrition  
[www.fitness.gov](http://www.fitness.gov)

### **National Cholesterol Education Awareness Month**

National Heart, Lung, & Blood Institute  
[hp2010.nhlbi.nih.net/cholmonth](http://hp2010.nhlbi.nih.net/cholmonth)

### **National Food Safety Education Month**

International Food Safety Council  
National Restaurant Association  
[www.servsafe.com](http://www.servsafe.com)  
Educational Foundation International Food Safety Council  
[www.foodsafety.gov](http://www.foodsafety.gov)

### **National Ovarian Cancer Awareness Month**

National Ovarian Cancer Coalition, Inc.  
[www.ovarian.org](http://www.ovarian.org)

### **National Menopause Awareness Month**

North American Menopause Society  
[www.menopause.org](http://www.menopause.org)

### **National Pain Awareness Month**

American Pain Foundation  
[www.painfoundation.org](http://www.painfoundation.org)

### **National Preparedness Month**

Cosponsored by American Red Cross  
[www.redcross.org](http://www.redcross.org) and  
U.S. Dept of Homeland Security  
[www.ready.gov](http://www.ready.gov)

### **National Sickle Cell Disease Awareness Month**

Sickle Cell Disease Association of America, Inc.  
[www.sicklecelldisease.org](http://www.sicklecelldisease.org)

### **National Yoga Month**

Yoga Health Foundation  
[www.yogamonth.org](http://www.yogamonth.org)

### **Prostate Health Month**

National Prostate Cancer Coalition  
[www.menshealthnetwork.org](http://www.menshealthnetwork.org)

### **Sports and Home Eye Safety Month**

Prevent Blindness America  
[www.preventblindness.org](http://www.preventblindness.org)



## National Wellness Institute's 2013 Health & Wellness Observances Calendar

### **Whole Grains Month**

The Whole Grains Council

[www.wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-in-september](http://www.wholegrainscouncil.org/get-involved/celebrate-whole-grains-month-in-september)

**September 1 – 7** (same date annually)

### **National Childhood Injury Prevention Week**

The American Academy of Pediatrics

[www.aap.org/healthtopics/safety.cfm](http://www.aap.org/healthtopics/safety.cfm)

Safe Kids Worldwide

<http://www.safekids.org/>

**September 1 – 7** (first full week in September)

### **Suicide Prevention Week**

American Association of Suicidology

[www.suicidology.org](http://www.suicidology.org)

**September 7 – 13**

### **National Assisted Living Week**

National Center for Assisted Living

[www.nalw.org](http://www.nalw.org)

**September 7** (annually Sept. 7)

### **National Threatened Species Day**

U.S. Headquarters, World Wildlife Fund (WWF)

[www.worldwildlife.org](http://www.worldwildlife.org)

**September 11**

### **National Day of Service and Remembrance**

[www.911day.org/](http://www.911day.org/)

**September 15-21** (third week in September)

### **National Rehabilitation Week**

National Rehabilitation Awareness Foundation

[www.nraf-rehabnet.org/](http://www.nraf-rehabnet.org/)

**September 15-21** (third week in September)

### **National Farm Safety and Health Week**

National Educational Center for Agricultural Safety

[www.nsc.org/necas](http://www.nsc.org/necas)

**September 22 – 28** (last full week)

### **Active Aging Week**

International Council on Active Aging

[www.icaa.cc](http://www.icaa.cc)

**September 19** (third Wednesday)

### **Backpack Awareness Day**

The American Occupational Therapy Association

[www.aota.org](http://www.aota.org)

**September 17** (third Tuesday)

### **Take A Loved One to the Doctor Day**

National Health Information Center

<http://drday.blackamericaweb.com/>

**September 21** (Sept. 21 annually)

### **International Day of Peace**

United Nations

[www.un.org/en/events/peaceday/](http://www.un.org/en/events/peaceday/)

**September 25** (last Wednesday)

### **National Women's Health & Fitness Day**

Health Information Resource Center

[www.fitnessday.com/women](http://www.fitnessday.com/women)

**September 28** (last Saturday)

### **Family Health and Fitness Day USA**

Health Information Resource Center

[www.fitnessday.com/family](http://www.fitnessday.com/family)

**September 28** (last Saturday)

### **National Public Lands Day**

National Public Lands Day

[www.publiclandsday.org](http://www.publiclandsday.org)

## OCTOBER 2013

*Lung health isn't just about not smoking.  
Learn more about the occupational and  
environmental factors tied to lung disease.*

### **Alzheimer's Association Memory Walk** (Fall Weekend)

Dates vary depending on location. Contact your local Alzheimer's Association or visit

[www.alz.org](http://www.alz.org)

### **American Heart Walk**

Dates vary depending on your location.

American Heart Association

[www.heartwalk.org](http://www.heartwalk.org)

### **Auto Battery Safety Month**

Prevent Blindness America

[www.preventblindness.org](http://www.preventblindness.org)

### **Eat Better, Eat Together Month**

Washington State University

[nutrition.wsu.edu/ebet/](http://nutrition.wsu.edu/ebet/)



## National Wellness Institute's 2013 Health & Wellness Observances Calendar

### **Children's Health Month**

Office of Children's Health Protection  
U.S. Environmental Protection Agency  
[yosemite.epa.gov/ochnp/ochpweb.nsf/content/chm-home.htm](http://yosemite.epa.gov/ochnp/ochpweb.nsf/content/chm-home.htm)

### **Domestic Violence Awareness Month**

National Resource Center for Domestic Violence  
[www.nrcdv.org](http://www.nrcdv.org)

### **Health Literacy Month**

Health Literacy Consulting  
[www.healthliteracymonth.org](http://www.healthliteracymonth.org)

### **Healthy Babies Month**

March of Dimes/Birth Defects Foundation  
[www.marchofdimes.com](http://www.marchofdimes.com)

### **Healthy Lung Month**

American Lung Association  
[www.lungusa.org](http://www.lungusa.org)

### **National Breast Cancer Awareness Month**

[www.nbcam.org](http://www.nbcam.org) or  
The Susan G. Komen Breast Cancer Foundation  
[www.komen.org](http://www.komen.org)

### **National Chiropractic Month**

American Chiropractic Association  
[www.acatoday.org/NCHM](http://www.acatoday.org/NCHM)

### **National Crime Prevention Month**

National Crime Prevention Council  
[www.ncpc.org](http://www.ncpc.org)

### **National Dental Hygiene Month**

American Dental Hygienists Association  
[www.adha.org/ndhm](http://www.adha.org/ndhm)

### **National Depression and Mental Health Screening Month**

Screening for Mental Health, Inc.  
[www.mentalhealthscreening.org](http://www.mentalhealthscreening.org)

### **National Disability Employment Awareness Month**

U.S. Dept. of Labor  
[www.dol.gov/](http://www.dol.gov/)

### **National Family Sexuality Education Month**

Planned Parenthood Federation of America  
[www.plannedparenthood.org/](http://www.plannedparenthood.org/)

### **National Liver Awareness Month**

American Liver Foundation  
[www.liverfoundation.org](http://www.liverfoundation.org)

### **National Physical Therapy Month**

American Physical Therapy Association  
[www.apta.org](http://www.apta.org)

### **National Spina Bifida Month**

Spina Bifida Association of America  
[www.sbaa.org](http://www.sbaa.org)

### **National Sudden Infant Death Syndrome (SIDS) Awareness Month**

SIDS Alliance  
[www.sidsalliance.org](http://www.sidsalliance.org)

### **National UNICEF Month: Trick-or-Treat for UNICEF.**

National Office of the US Fund for UNICEF  
[www.unicefusa.org](http://www.unicefusa.org)

### **National Work and Family Month**

Alliance for Work-Life Progress  
[www.awlp.org](http://www.awlp.org)

### **Talk About Prescriptions Month**

National Council on Patient Information and Education  
[www.talkaboutrx.org](http://www.talkaboutrx.org)

### **Vegetarian Awareness Month**

North American Vegetarian Society  
[www.worldvegetarianday.org](http://www.worldvegetarianday.org)

**October 1** (annually same date)

### **International Day of Older Persons**

<http://www.un.org/en/events/olderpersonsday>

**October 1** (first Monday in October)

### **Child Health Day**

U.S. Dept. of Health and Human Services  
[mchb.hrsa.gov](http://mchb.hrsa.gov)

**October 1** (first Monday in October)

### **World Habitat Day**

UN Habitat [www.unhabitat.org/](http://www.unhabitat.org/)

**October 9**

### **International Walk-to-School Day**

National Center for Safe Routes to School  
[www.walktoschool.org](http://www.walktoschool.org)



## National Wellness Institute's 2013 Health & Wellness Observances Calendar

**October 6 – 12** (first full week in October)  
**National Mental Illness Awareness Week**

American Psychiatric Association  
[www.healthyminds.org](http://www.healthyminds.org)

NAMI – National Alliance on Mental Illness  
[www.nami.org/miaw](http://www.nami.org/miaw)

**October 7 – 13** (Week including October 9 – Chicago Fire)  
**National Fire Prevention Week**

National Fire Protection Association  
[www.nfpa.org](http://www.nfpa.org)

**October 10** (always October 10)  
**World Mental Health Day**

World Federation for Mental Health  
[www.wfmh.org](http://www.wfmh.org)

**October 10** (always October 10)  
**Put the Brakes on Fatalities Day**  
[www.brakesonfatalities.org](http://www.brakesonfatalities.org)

**October 13 – 19** (second full week)  
**National School Lunch Week**

School Nutrition Association  
[www.schoolnutrition.org](http://www.schoolnutrition.org)

**October 17** (always October 17)  
**International Day for the Eradication of Poverty**  
United Nations  
[www.un.org/depts/dhl/poverty](http://www.un.org/depts/dhl/poverty)

**October 20** (same date annually)  
**World Osteoporosis Day**  
International Osteoporosis Foundation  
[www.worldosteoporosisday.org](http://www.worldosteoporosisday.org)

**October 20 – 26** (third full week in October)  
**International Infection Prevention Week**  
Association for Professionals in Infection Control and Epidemiology, Inc. [www.apic.org](http://www.apic.org)

**October 20-26** (third week in October)  
**National Health Education Week**  
Society for Public Health Education  
[www.sophe.org](http://www.sophe.org)

**October 20 – 26** (third week in October)  
**National Healthcare Quality Week**  
National Association for Healthcare Quality  
[www.nahq.org/](http://www.nahq.org/)

**October 20 – 26** (third week)  
**Make Your Mark Week**  
GenerationOn Kids Care Clubs  
[www.kidscare.org/about/kidsCareWeek](http://www.kidscare.org/about/kidsCareWeek)

**October 20 – 26** (third week)  
**National Consultant & Senior Care Pharmacists Week**  
American Society of Consultant Pharmacists  
[www.ascp.com](http://www.ascp.com)

**October 20 – 26** (last full week Oct)  
**National Respiratory Care Week**  
American Association for Respiratory Care  
[www.aarc.org](http://www.aarc.org)

**October 23 – 31** (same dates annually)  
**National Red Ribbon Celebration/  
National Plant the Promise Week**  
(Campaign to keep kids off drugs)  
National Family Partnership at  
[www.nfp.org](http://www.nfp.org)

**October 24** (same date annually)  
**Food Day**  
Center for Science in the Public Interest  
[www.foodday.org](http://www.foodday.org)

**October 24** (same date annually)  
**Take Back Your Time Day**  
The Simplicity Forum  
[www.timeday.org/](http://www.timeday.org/)

**October 30** (Wed of last week)  
**Lung Health Day**  
American Association for Respiratory Care  
[www.aarc.org](http://www.aarc.org)

**October 26** (fourth Sat in Oct)  
**Make a Difference Day**  
[www.makeadifferenceday.com](http://www.makeadifferenceday.com)



## NOVEMBER 2013

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*Educate yourself and others on the risks of diabetes, and how to reduce them with diet, exercise, and other treatment options.*

### **American Diabetes Month**

American Diabetes Association  
[www.diabetes.org](http://www.diabetes.org)

### **Native American Heritage Month**

Indian Health Service (HQ)  
[www.ihs.gov/index.cfm](http://www.ihs.gov/index.cfm)  
[nativeamericanheritagemonth.gov/](http://nativeamericanheritagemonth.gov/)

### **Diabetic Eye Disease Month**

Prevent Blindness America  
[www.preventblindness.org](http://www.preventblindness.org)

### **Great American Smokeout Month**

American Cancer Society  
[www.cancer.org](http://www.cancer.org)

### **National Alzheimer's Disease Awareness Month**

Alzheimer's Disease and Related Disorders Association  
[www.alz.org](http://www.alz.org)

### **National Child Mental Health Month**

c/o New York University Child Study Center  
[www.aboutourkids.org](http://www.aboutourkids.org)

### **National Epilepsy Awareness Month**

Epilepsy Foundation of America  
[www.efa.org](http://www.efa.org)

### **National Family Caregivers Month**

National Family Caregivers Association  
[www.nfcacares.org](http://www.nfcacares.org)

### **National Healthy Skin Month**

American Academy of Dermatology  
[www.aad.org](http://www.aad.org)

### **National Home Care Month**

National Association for Home Care & Hospice  
[www.nahc.org](http://www.nahc.org)

### **National Hospice Month**

National Hospice and Palliative Care Organization  
[www.nhpco.org](http://www.nhpco.org)

### **Pancreatic Cancer Awareness Month**

Pancreatic Cancer Action Network  
[www.pancan.org](http://www.pancan.org)

### **Prematurity Awareness Month**

March of Dimes Birth Defects Foundation  
[www.marchofdimes.com](http://www.marchofdimes.com)

**November 17 – 23** (week before Thanksgiving)

### **American Education Week**

National Education Association  
[www.nea.org](http://www.nea.org)

### **November 13**

#### **World Kindness Day**

[www.worldkindness.org.sg](http://www.worldkindness.org.sg)

**November 14** (always Nov 14)

#### **World Diabetes Day**

International Diabetes Federation  
[www.worlddiabetesday.org](http://www.worlddiabetesday.org)

**November 15** (always Nov 15)

#### **National Philanthropy Day**

Association of Fundraising Professionals  
[www.NationalPhilanthropyDay.net](http://www.NationalPhilanthropyDay.net)

**November 15** (always Nov 15)

#### **America Recycles Day**

National Recycling Coalition, Inc.  
[www.americarecyclesday.org](http://www.americarecyclesday.org)

**November 21** (third Thursday)

#### **Great American Smokeout**

American Cancer Society  
[www.cancer.org](http://www.cancer.org)

### **November 23**

#### **International Survivors of Suicide Day**

American Foundation for Suicide Prevention (AFSP)  
[www.afsp.org/survivorday](http://www.afsp.org/survivorday)



## National Wellness Institute's 2013 Health & Wellness Observances Calendar

**November 21 – January 1**

**Tie One On For Safety Campaign**

Mothers Against Drunk Driving (MADD)  
[www.madd.org](http://www.madd.org)

**November 22** (always Thanksgiving Day)

**National Family Health History Day**

U.S. Dept. of Health and Human Services  
[www.hhs.gov/familyhistory/](http://www.hhs.gov/familyhistory/)

## DECEMBER 2013

*Consider healthy holiday gifts like yoga lessons, new pedometer, or a health journal. Good health is always in style!*

**International AIDS Awareness Month**

International HIV/AIDS Alliance  
[www.aidsalliance.org/](http://www.aidsalliance.org/)

**National Drunk and Drugged Driving Prevention (3D) Month**

National Highway Traffic Safety Administration  
<http://www.nhtsa.gov/StopImpairedDriving>

**Safe Toys and Gifts Month**

Prevent Blindness America  
[www.preventblindness.org](http://www.preventblindness.org)

**December 1** (annually)

**World AIDS Day**

World AIDS Campaign  
[www.worldaidscampaign.org](http://www.worldaidscampaign.org)

**December 1 – 7** (First full week of Dec)

**Aplastic Anemia and MDS Week**

Aplastic Anemia and MDS Internl, Inc.  
[www.aamds.org](http://www.aamds.org)

**December 1 – 7** (First full week of Dec)

**National Hand Washing Awareness Week**

Henry the Hand Foundation  
[www.henrythehand.com](http://www.henrythehand.com)

**December 1 – 7**

**National Influenza Vaccination Week**

[www.cdc.gov/flu/nivw/](http://www.cdc.gov/flu/nivw/)

**December 5**

**International Volunteer Day**

United Nations Volunteers  
[www.unv.org](http://www.unv.org)  
[www.worldvolunteerweb.org](http://www.worldvolunteerweb.org)

**December 10** (annually)

**Human Rights Day**

United Nations Human Rights  
[www.ohchr.org](http://www.ohchr.org)

**NWI 2013 Health & Wellness Observances Calendar**

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